

# TALON



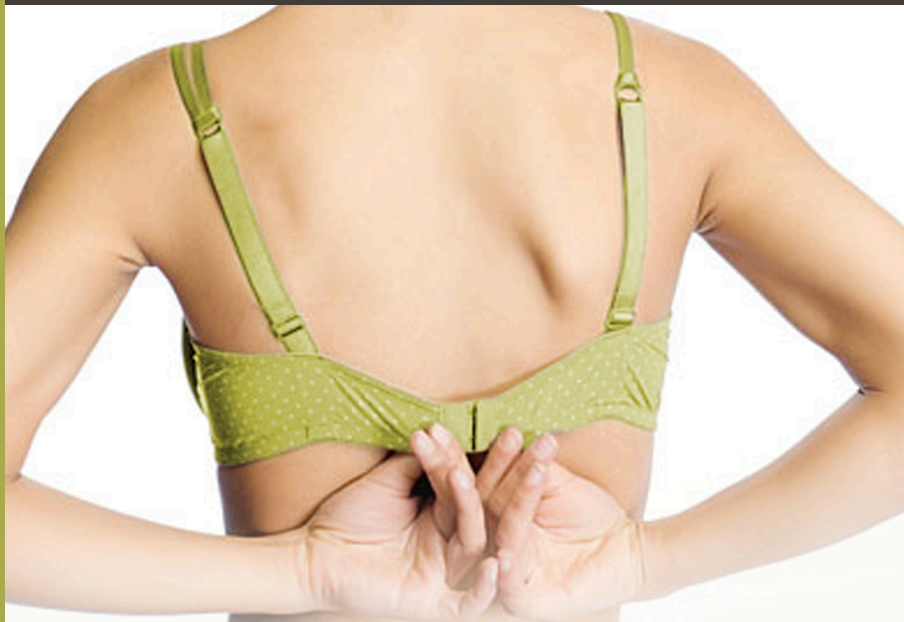
*For Students, By Students*

*66th Issue*



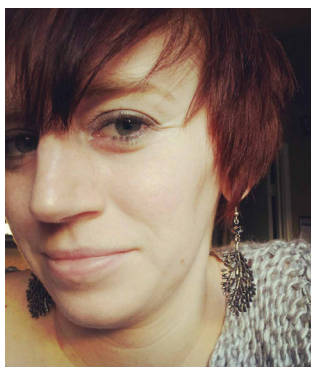
**FREE THE GIRLS**

[freethegirls.com](http://freethegirls.com)



**DONATE A BRA.  
SAVE A LIFE.**

# From One to Another



Dearest Readers,

It's that time again; time to make the transition from one editor to another. I am proud to present Aimee Adams as next year's Talon Editor-in-Chief! With every editor switch comes changes to layout and content. This issue, we worked together, and I think it's one of our best to date!

Since March was Women's History Month, we wanted to cover aspects of how women have changed over time, and how women are still severely mistreated. Check out the "Free the Girls" story on page 10 to see how you can help make a change.

And as always, we want to hear your comments about our issue, so feel free to write us on the Talon Facebook page.

Sincerely,

*Liz Carroll*



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The Talon News Magazine encourages letters to the editor. These may be submitted electronically or in writing and should include the writer's name, address, and telephone numbers for verification purposes.

Letters can be mailed to the Talon News Magazine Editor, Avila University, 11901 Wornall Road, Kansas City, MO 64145. The Talon reserves the right to edit letters for reasons of space, clarity, or inappropriate language. Copies of the Talon News Network Operational Guidelines may be requested by writing to the above referenced address.

# WOMEN HISTORY MONTH

## *From Past to Present*

By: Alyssa Norton

March is a month known for celebrating St. Patrick's Day and the beginning of spring. And since 1986, March has been known as the month to celebrate women, or what most refer to as "Women's History Month." In 1980, President Jimmy Carter stated for the first time in presidential history that the week of March 8th would be known as "International Women's History Week." Several years and many petitions later, Congress decided in 1986 to expand the celebration to the entire month of March.

In a recent interview, I spoke with Professor Leslie Smith (Women and Gender Studies Professor at Avila University). She gave me her thoughts on Women's History month, how it relates to Avila students and the two women who have made an impact in her life:

Q: Why should Women's History

Month be something that an Avila student should care about?

A: Women's History Month, like many of the other months that celebrate the lives and accomplishments of various groups, is necessary because we, as a culture, have become accustomed to telling just one story about ourselves. That story has been largely about the accomplishments, perceptions, and activities of the most powerful people in a culture, who are typically male. This does not mean that all men experience power in American culture (because, of course, many men are poor or otherwise disenfranchised). But when we look at who dominates the vast majority of wealth, political power, and the media, it is still men (and white affluent men, in particular). That means that the stories we hear, the images we see, and the thoughts we develop are greatly influenced by only one group's perceptions.



# EN'S

I think that Avila students should care about WHM because it tells each one of us – no matter how we identify ourselves or what background we come from – that our voices matter. Telling our cultural story should be a diverse enterprise, reflecting many different thoughts, concerns, and attitudes. Anyone who has ever felt that their voice wasn't heard should know how hurtful it is to have your story silenced; it's the equivalent of being told that you don't exist. WHM allows us to acknowledge not only the stories of those who have been silenced, but also points the spotlight at how (and for whom) the silencing happens.

Q: What does Women's History Month mean to you?

A: Activities like WHM are so important to me because they reflect some of the values that I personally care the most about: justice, truth-telling, and diversity. One way to think about WHM is that it's an attempt to set the record straight. Many of us can relate to the importance of that.

Q: Name one woman in your life that has had a positive impact on you. How?

A: I'm torn having to choose between my mother and my daughter. My mother was a single mom who worked two jobs and earned her college degree at the same time; she and I actually did our undergraduate degrees together at the same school! She is a terrific example of a person who worked very hard to overcome a series of really terrible circumstances that, unfortunately, many women face: she was in an abusive marriage, had no money of her own, and had no education. In the face of this powerlessness, she made tremendous sacrifices so that my sister and I could have much, much different lives – and both of us do, in great part because of deliberate choices she made, many of which were not culturally popular at the time.

My daughter is a close second because I want so desperately for her to experience the world in a way free of sexism, and yet she serves as a very personal reminder that sexism is not over. She's nine, and she's now old enough to realize (and worry about!) how often people judge her on her looks -- on how much pressure there is to be "pretty," or how she's often praised for her conformity to tradi-

tionally feminine ways. But this is something that concerns me for my sons, as well. One of the things that we talk about in Women's and Gender Studies courses is how patriarchy (a word that describes a culture ruled by men and traditionally "masculine" values) hurts everyone, not just women. So long as men are praised for being macho, insensitive, and paternalistic (and scorned for being emotional, relational, and dependent), we all lose.

In closing, there are many women that have made a significant impact for both women's rights and women's achievements.

I will leave you with the 5 women whom I believe are extremely significant in the history of women.

1. In 1923, a woman named Alice Paul (A women's suffrage activist) wrote the Equal Rights Amendment which stated that: Men and Women shall have equal rights throughout the

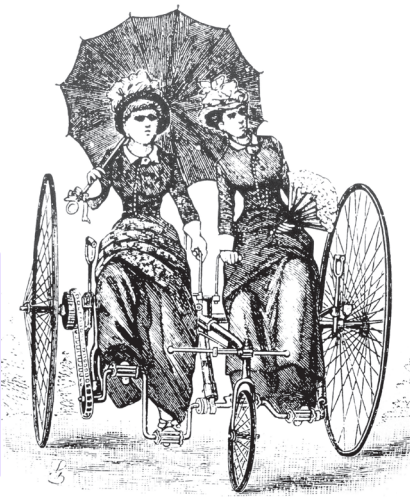
United States and every place subject to its jurisdiction. In 22 of the required 38 states, the amendment ratified right away. The other states were less aggressive because they believed if the amendment passed; it would open up issues such as gay marriages

and women in combat (which in my mind are not issues to begin with). To this day, fifteen states in the United States have yet to ratify the Equal Rights Amendment. Those states are: Alabama, Arizona, Arkansas, Florida, Georgia, Illinois, Louisiana, Mississippi, Missouri, Nevada, North Carolina, Oklahoma, South Carolina, Utah and Virginia.



Although not all states were on board, Alice Paul produced a change for women and is a very significant person in reference to women's rights.

2. In 1928, a very brave woman was the first woman to fly solo across the Atlantic Ocean. Amelia Earhart from Atchinson, KS was quite the



celebrity in her time. She won many awards for flying across the Atlantic Ocean, setting many aviation records and writing books about her voyages. Sadly, her journey ended early in 1937. She was en route to Howland Island and her plane was declared missing. In 1939, she was declared dead.

3.As the winner of the Nobel Peace prize, Mother Teresa is known around the world as a woman of love and commitment. Not only was she the founder of the “Missionaries of Charity”, she would often be found among the slums helping people in poverty.

4.The next woman is known as “the first lady of civil rights”. On December 1st of 1955, Rosa Parks refused to obey the public bus driver when he told her to give up her seat in the colored section of the bus for a white passenger. Not only was she a civil

rights activist but she collaborated with other well-known civil rights leaders such as Edgar Nixon and Martin Luther King Jr. She was also secretary of the Montgomery chapter of the NAACP.

5.When a person hears the name OPRAH...it is rare that they wouldn't know exactly who she is. Oprah Winfrey is a woman with a Cinderella story. She grew up in poverty and went through many tragic events as a child (two of them involving rape and molestation). By the mid-1980's Oprah had reinvented herself as a talk show host. She has been ranked at one time as one of the only black billionaires in the world. Her show “The Oprah Winfrey Show” ran for 25 years and was the highest-rated program of its kind in history. Although the show has ended, Oprah (in 2011) invested in her own network and still continues to be one of the most well-known women in the world.

# WTF is? myPEN!

By: Travis Logan

You've probably noticed the weekly e-mails about the new myPEN program. As the emails continue to flood your inbox, you might wonder what this program is and how it will benefit you as an Avila student.

The myPEN program is set up to assist students in realizing the importance of professional networking. The thought process is simple. The person sitting next to you in class today could very well be the individual that helps you land your dream job tomorrow.

The myPEN program is non-invasive. It is set up to give students networking advice from one of the most successful job search agents in the Kansas City area.

As you are bombarded with emails regarding campus announcements, grades, and messages from profes-

sors, don't be so quick to delete the myPen emails. They provide many tips on how to get where you want to go as a professional.

Networking is key. It is often said, "It's not about what you know, but who you know," true advice that has stood the test of time. After all, one of the students sitting next to you could end up as the CEO of a Fortune 500 company.

Establishing a great connection with that individual now could greatly assist you in being successful in the future.

Oh, I get it!

HUGH  
JACKMAN

RUSSELL  
CROWE

ANNE  
HATHAWAY

AMANDA  
SEYFRIED

# Les Misérables

8 ACADEMY AWARD<sup>®</sup>  
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INCLUDING  
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DAILY MAIL

"THE BEST FILM  
OF THE YEAR"  
WILEY SMITH, NEW YORK POST



Les Misérables is a critically acclaimed film, known for its positive underlying messages. In the film, Jean Valjean, known as Prisoner 24601, is released from prison and breaks parole to create a new life for himself while escaping the grip of the persistent Inspector Javert. Set in post-revolutionary France, the story reaches resolution against the background of the June Rebellion.

Throughout the film, there is a true sense of Christianity. A prevailing message of forgiveness and compassion pulls at the viewer's heartstrings

and illustrates a perfect example of Christ's forgiveness. The power of persistent faith and determination is evident during the main character's trials, tribulations, and victories.

Despite some vulgarity during the film, there are numerous Godly lessons to be taken from this famous musical. Les Misérables is a creative work that serves as a reminder that even in the worst of times, people are still fighting for the virtuous.

Les Misérables is available on DVD and Blu-ray now.





**A**round the world, it is estimated that there are at least 4.5 million people (women, men and children) who are victims of forced sexual exploitation. In the rural areas of Mozambique, Africa, women fall victim to sex trafficking due to the poverty in the region.

Families cannot afford to support themselves, and young girls tend to grow up uneducated. Traffickers prey on the desperation in this region, offering these girls a better life and a job where they can make money to support their families. This is a lie that is often told to families and

young girls by traffickers.

Sometimes, parents are forced to sell their own daughters in order to feed the rest of their family. Young girls will voluntarily leave their families because they feel a duty to help. In many cases, the girls end up as prostitutes, forced to perform unwanted sexual acts without pay.

If the girls find a way to escape the sex trade industry, they find themselves without an education and a way to make money to support themselves. Without job opportunities, they are more likely to fall back into





# ate a bra. ve a life.

By Katie LaRose

prostitution. Many of the girls have been involved in prostitution since they were 11 years old. It is the only lifestyle they know.

Free The Girls is a non-profit organization that provides job opportunities to women who have been rescued or have escaped from sex trafficking.

Free The Girls sends gently used bras that have been donated by people all over the world to the victims.

In impoverished parts of the world, used clothing is a large market, with bras being a highly sought after item. The women sell the bras in Africa,

which helps them support their families. It also allows them to have time to go to school and get an education so that they don't have to remain in the program forever. Once they can get a secure job to provide for their families, they open up a place for another victim to be helped.

According to Free the Girls, the program is a sustainable model because "once a program has been started with a safe house, it is designed to sustain itself. The women receive their starting inventory of bras at no cost, and then pay a small amount of money for additional bras once

they sell their initial inventory. This money is used to cover the expenses for the next shipment of bras. That means we only raise money to start new projects, not to keep established projects going.”

Free The Girls is an amazing organization that needs help in raising awareness for their cause. **April 22 - 26**, the Communications department at Avila University will be hosting a bra drive. Students are encouraged to take a few minutes out of their day

and stop by Dallavis Center. We will be accepting gently used bras as well as money donations.

As busy college students, it can be hard to find the time and the funds to make a difference in the world. All it takes is an old bra hidden away in your bottom drawer or some spare change. Money donations will be used to ship the bras overseas, and any extra funds will be given to Free the Girls to open up new spaces for those who have been rescued.



**Donate a Bra,  
Save a Life!**

AL  
2010

# CANVAS: THE NEW ANGEL

By: Mohammed AL-Abdulla

Katrina Stansbury is the Lead IT/ Instructional Support person on campus. She's the one running back and forth between buildings helping those who have lost their "IT" way. We picked Katrina's brain for information on the new learning management system, "Canvas."

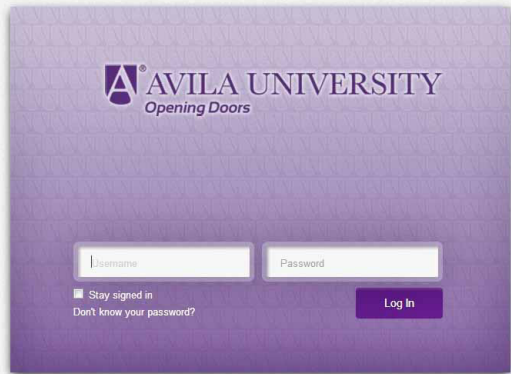
According to Katrina, the department used an online program to analyze many available learning systems. That, with what they knew of Angel, helped to narrow it down to ten. They further analyzed what programs served what Avila needed and wanted. This helped them narrow it down to the top three.

The three companies gave demonstrations of their programs, and after much consideration, they decided that Canvas would be the best.

What makes Canvas better than other systems? Katrina stated that Canvas has a lot of collaborative features, allowing students to easily interact with one another. Canvas also allows students to work together on group projects in real time. Moreover, it allows instructors to conduct online conferences and chats with students,

etc. Canvas will allow online classes to have more flexibility in how they are conducted.

Canvas is unique in that it is an open source, allowing people to make recommendations for changes. The



company that created Canvas is not a large corporation, so the changes requested can be done quickly. Canvas continuously updates itself as well, so it never stales.

Canvas is a new company, created four years ago. It uses many online sources, making it a great choice for the technology driven world. Canvas is focused on staying fresh, so we will be seeing it for a long time. Have you used Canvas yet? Send your thoughts to the Talon or write us on the Talon Facebook page!

# NoD Days

By: Skylar Roberts



Gabby Sysavath, cheerleader at Avila University, tells about her off-season workouts to prepare for nationals season. “We have scheduled open gyms for recruits and keeping up our skills, though most of us will go into the gym and either lift or do some tumbling and stunting on our own time. All you can do is continue to practice your skills and gain more by the time nationals come around,” said Sysavath.

“During the off-season, the basketball team works out together with weights and agility work” said Justin Reed, basketball player at Avila University. “During the softball off-season, we work out in the afternoon and have morning conditioning,” told Courtney Morgan, softball player at Avila University. “Our season gets intense during the fall semester, with three practices a week until December comes around. Then, during winter break, we have practices every day—sometimes two-a-days—to prepare for nationals in January,” said Sysavath.

“Aside from our team workouts, Coach P stresses that we get into the gym to shoot and work on our ball handling—he tells us to work on our weaknesses. We also have a lot of open gyms with former players to stay in shape and keep up our cardio,” said Reed.

The Avila University coaches put a lot of preparation into creating off-season work-outs for

With summer approaching, most college students will enjoy their time off of school with vacations and relaxation. Student athletes will spend theirs preparing for the next season. At Avila University, 85% of the student body is comprised of student athletes. There are six men’s teams and eight women’s teams. Each team has a way of staying conditioned during the off-season.

# Off.

their athletes. Football coach Marc Benavidez says, "We run three times a week and lift on Mondays, Wednesdays, and Fridays. We have certain workouts to prepare each player for their positions. Our mission is to increase our athlete's muscle balance to keep them healthy in all aspects of their bodies," said Benavidez.

Being a student athlete is a full-time commitment. After a strenuous season, every Avila athlete is back in the gym working on what needs to be done for next season. "If you don't practice in the off-season, you'll find yourself back to square one by the time it matters. Keeping up your skills is super important, and that takes effort year-round," said Sysavath. Even without scheduled workouts, there are several ways to keep up endurance and strength with Avila's gym—including the track, basketball court, and machines made for a student athlete's success.





# This is gonna go over like a lead balloon

Lori Raye Erickson, Doug Schwieter and  
Joe Gregory

March 22 - April 26, 2013

Thornhill Gallery

Monday - Thursday, 10 a.m - 5 p.m

Friday, 10 a.m - 3 p.m. or by appointment

For more information:

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JOE GREGORY



# Remembering JJ's



On February 19th, the Kansas City community was horrified to learn about an explosion at JJ's Restaurant on the Plaza. JJ's was one of the longest standing and beloved restaurants in Kansas City. Many of the staff working that night were injured and one young woman was killed. This tragedy broke the hearts of people all over the city and ended up showing how big of a heart this city really has.

This shocking event brought the community together, in an effort to bring back hope in the lives of the people affected by the fire. The first company to step up and help was the Q Hotel and Spa in Westport. They offered free rooms to residents near the fire who had been evacuated from their homes. This was quick, selfless thinking on part of the hotel management and greatly helped those who had to stand out in the snow for hours.

Since the night of the fire,

hundreds of businesses have come together in an effort to support JJ's employees. The Saturday following the fire nearly 150 area restaurants joined together, and donated a portion of their sales totaling more than \$110,000. These types of benefits have continued in local venues such as Uptown Theater and Czar Bar.

It wasn't just businesses looking to help, people all over the city were. Social media fueled the support for JJ's. The night of the fire people were spreading the word and helping each other through the Twittersphere. The events following would not have been such a success without people posting about them on Facebook and Twitter. The hashtag #DiningforJJs trended because of the people, not just the businesses, and helped spread the word and raise money for those who truly need it right now.

What happened at JJ's is still hard to believe. Sometimes it takes a tragedy to bring out the good in people. The outpouring of support that JJ's has seen over the last month has been a source of hope in a dark time for the KC community.

By Shawna Westphal



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